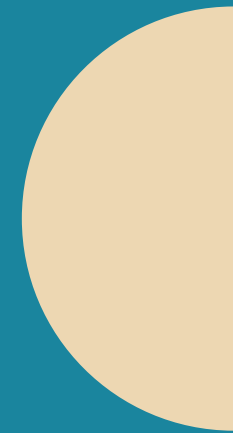


Healthyish Eating



Is This Healthy Eating?



Our Food Culture

We experience
a lot of guilt
and anxiety
around our
food choices.



We have a
reductive
focus on
nutrients and
numbers.



The stress
from all this
may be worse
than the food
itself!

Thoughts to Ground Us...

If you are
trying, then
you are not
failing.

You are
doing better
than you
think.

It's what you
do most of
the time
that counts.

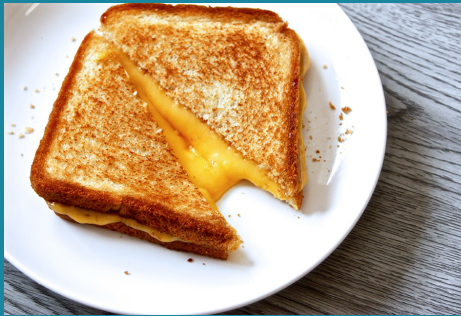
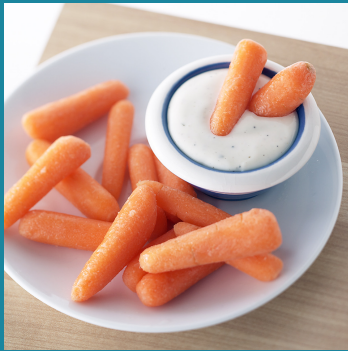
There is no
such thing
as a perfect
diet.

What is Healthyish Eating?

“Delicious comforting home cooking that just happens to be kinda good for you” (Bon Appetit, Jan 2016).

Urban Dictionary: *When something is sort of healthy.*

What Healthyish Eating Looks Like



I Know...Moderation is BORING

“Moderation. Small helpings.
Sample a little bit of everything.
These are the secrets of happiness and good health.”

- Julia Child

Benefits of Healthyish Eating

Embraces balance & values enjoyment

Encourages creativity & flexibility with meal planning

Reduces stress around food and eating.

Become a Satisficer

Satisfy + Suffice



A choice that gives you
the minimum outcome
you're willing to accept
(aka "good enough")

What Satisficing Looks Like



You ran out of time to prepare dinner, so you swing by the store to pick up a rotisserie chicken and salad kit.



You are burnt out on plain yogurt, so you shop for a sweetened one with minimal added sugar.



You wake up too late to prepare your normal breakfast, so you grab a granola bar on the way out the door.

Putting It Into Practice

- 1 Set your minimum requirements.
- 2 Search for options that meet those requirements.
- 3 Stop searching when you find a satisfactory option.
- 4 View this as a win and don't second guess yourself!

The background is a solid teal color. There are four orange circles of different sizes. One large circle is on the right side, partially cut off. Another large circle is on the bottom left, also partially cut off. In the bottom right corner, there are three smaller circles arranged in a diagonal line.

“Don’t let perfect be the enemy of good.”

- Voltaire

Questions?

